

**ARA Basketball Rules**  
**Minor Girls 3<sup>rd</sup> & 4<sup>th</sup> Grade League**

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Coaches should explain to their parents at the beginning of the season the structure of the league. Please remind your parents that while we pay for our gym time, we are expected to keep the school facilities the way they were left by the school staff. Parents must supervise their other children during all sessions. Children are not permitted to play unsupervised in the hallways. Also, only coaches are permitted to bring basketballs into the gym. A parent or guardian must be present for all games and practices.

1. **Playing/Sitting Rule (Regular season)**

**Coaches must make every effort to ensure equal playing time for all kids during the regular season.**

Coaches are encouraged to discuss before the game any strategy with respect to the team composition that will start the game. This can be done so that coaches can match up players of the same relative skill to provide for a fair and balanced yet competitive game. For example, both coaches may elect to play all 3<sup>rd</sup> graders in the first quarter and all 4<sup>th</sup> graders in the second quarter and then mix all the kids in the third and fourth quarters. Coaches should consider starting different kids in various games throughout the season. Coaches should not attempt to slot higher skilled players against lesser skilled players to gain an advantage.

Each player should play one full continuous quarter from start to finish in the first half. Each player must check in with the official scorekeeper at the beginning of each quarter. Each player must sit one full continuous quarter from start to finish in each game. (e.g. player sits the entire 2<sup>nd</sup> quarter).

**Exceptions:** Please note that coaches have the flexibility to substitute a player if they are injured and have to come out of the game or if they become severely winded because of a medical condition (e.g. asthma) and it is in the best interest of the safety of the child to take them out of the game. These types of situations are not frequent occurrences. When a substitution is required for safety purposes, the rules above can be waived. The coach should use a substitute player of a similar skill level where applicable. However, the expectation is that if the child can come back in the game safely after a short rest, he/she should go back in for the player that was used to substitute for him/her.

**Playing/Sitting Rule (Playoffs)**

Everyone must play at least one complete, continuous quarter, barring injury or illness. Each player must check in with the official scorekeeper at the beginning of each quarter. Players must arrive before start of second quarter, otherwise playing time is at the discretion of the coach.

Everyone must sit at least one complete, continuous quarter. If a team has less than seven players the opposing coach may select which player(s) will sit out the fourth quarter, however it may not be a player who has already satisfied this requirement. In the playoffs, if a team has less than six players the game will be declared a forfeit.

**Note: Every child should play at least 1 ½ quarters during each playoff game barring illness or injury.**

2. Four seven minute quarters. Two minutes between quarters and five minutes between halves. Running clock except for personal fouls, timeouts or referee discretionary stoppage and for the last one minute of each quarter. During the last minute of each quarter, the clock stops at each whistle.  
No overtime periods in regular season games. In playoffs, a three-minute overtime period will be used for the first over time, and a two minute overtime period thereafter until a winner is determined.
3. **Jump Balls:** Alternate possession on jump balls after center jump at the start of the game.
4. Four timeouts per game for each team consisting of one 20-second timeouts and one full 1- minute timeout in each per half. For playoffs, one full 1-minute timeout added for each overtime period.
5. **Lane Violations:** A lane violation will be called after player stays five seconds in lane.
6. On the seventh team foul of a half, the offended player will shoot a one-and-one. On the tenth team foul of a half, the offended player will shoot two foul shots. Players fouled in the act of shooting always shoot two free throws on a missed shot and one free throw on a made shot.
7. Player is ejected on his fifth foul.
8. The free-throw shooter may step on the foul line after his shot without causing a violation. However, if the shooter chases the free throw before it strikes the rim it is a violation, resulting in no point and a turnover.
9. **Defenses:**
  - a. During the first half, a team must play a zone defense extended no further than the free throw line. Also see Mercy rule below. Coaches are asked to use good judgment such that all teams get a fair chance for ball movement on offense and an ability to score.
  - b. No fast breaks during the first half. The defense will be given three seconds to get back after which the offense can advance. (Whether defense is set or not)
  - c. During the second half, a team may play any half-court defense. Controlled fast breaks are allowed. A pass may not go more than two lines, i.e. foul line and center court. Player stealing ball from point position may proceed to basket if path is un-impeded.
  - d. If there is less than one minute left in the game, the defending team may extend defense beyond half-court after the ball is in-bounded, but they must start from behind the half-court line prior to the in-bound pass.
10. **Final Words:** Except for rule changes, the PIAA Basketball rules govern play.
  - a. Keep in mind the ARA basketball league is an instructional recreation community program. Be lenient in technical violations by players of lesser abilities, i.e. minor traveling, ‘touch fouls, etc. During the first half of the season, referees will be more lenient and may even provide the kids some basic instruction.
  - b. There will be no abuse of referees tolerated. A parent or coach who protests a call will be warned. Subsequent outbursts will result in the parent or coach being asked to leave the game, and/or face being suspended from the program.
11. **Fan Conduct:** As noted above the ARA league is an instructional recreation community program and no abuse of players, coaches, referees, opposing fans or property is permitted. Foul and abusive language by anyone will not be tolerated. Anyone who violates these rules will be subjected to removal from the game and further participation in the league.
  - a. The coach supplies basketballs. No other basketballs by players or siblings of players will be allowed on school property. It is each parent’s responsibility to keep younger or older children

from running and playing in the school halls. The use of the school gyms is a privilege of the schools and playing or running in halls is not tolerated.

12. **Mercy Rule —If a team is winning by 10 points during the 2<sup>nd</sup> half, the defense must fall back behind the foul line to enable the other team to get some ball movement around the perimeter and get off a shot.**